

## ABSTRACT

A ventilating insole (1) comprises an upper insole (11); a lower insole (12), a stripe (13) positioned between the upper insole (11) and lower insole (12), a ventilation layer (14) upon ( or below ) the upper insole (11), and a plurality of spiral springs(15) attached between the upper insole (11) and lower insole (12). The upper insole (11) has a plurality of air inlets (111) at the rear end and a plurality of air outlets (112) at a front end. The ventilation layer (14) is attached to the upper insole. The ventilation layer has a plurality of air inlet holes (141) communicable to the air inlets (111) of the upper insole but no holes communicable to the air outlets (112). By the air inlets (111) and air inlet holes (141), when the insole (1) is treaded, the air in the air chamber S will flows to the air outlets (112) of the upper insole and the ventilation layer (14); then air flows to the toes. Thus heat of the foot of the user is dissipated.